

# 2017 STORM the Eastern Shore Adventure Race

## 1<sup>st</sup> Capt. Comm. Details and Rules

### 26-30 Hr. Race

Welcome Racers to the 9<sup>th</sup> running of the STORM the Eastern Shore Adventure Race. We have an Epic course on tap for you, developed and tested for over 1 year with **lots** of different Navigation choices, Cargo Net Climb & Zip Line, a Mtn. Bike Time Trial, an “Amazing Race” type section, some “Old-School AR surprises” and more. We’re sure you will love all of these when you see them. Insure that you either are bringing your own canoes or have made reservations for canoes with the Outfitter ([Boat Rental Info on the SBB Website](#)).

ALL racers are entitled to **FREE** camping in the State Campground the night before and the night after the race as part of your race entry fees. There will be homemade post-race dinner as well as hot soups in the overnight TA area and FREE Massages at the Finish! Racers will receive custom made long-sleeved STORM T-shirts, DNR designed detailed maps and so much more! There is TONS of SCHWAG and Top Finisher Prizes as well as \$400 in cash to the Top co-ed team towards their 2018 USARA Nationals Entry.

The race is **100% Rogaine Style** with CPs having various point values based on distance from TAs &/or difficulty. ALL of the CPs are therefore “**Optional**”. You pick and choose exactly which CPs or OPs (Orienteering Points) you go after and which you map choose to skip. Knowing your team’s strengths may impact how you attack the course (ie. Which areas you put the most effort into – Paddling, Orienteering or Biking). Everyone will be an “Official” Team now, No Unofficial Teams.

Winners of the race will be the team with the Highest Overall **SCORE TOTAL** in least amount of time. Below are the DETAILS, the RULES then some General Suggestions to help make your race the most enjoyable it can be. The more you read and understand all of this info now, the easier and more fun the race will be for you!

**RACE-DAY DETAILS:** (These are here to assist and reduce questions and speed you up, come race morning)

**RACE START LOCATION: Pocomoke River State Park - Shad Landing** (3461 Worcester Hwy, Snow Hill, MD 21863) **Blue Heron Group Camping Area**

1. 1<sup>st</sup> thing to do race morning is to drive to the “BIKE DROP”, in the rear of the YMCA - South Shore (**1900 Worcester Hwy Pocomoke City, MD 21851**). SBB Volunteers will be here from 6:00 AM on to direct you to this BIKE DROP area when you get there. Place your bike and ALL biking gear in the marked area. You can stage anything you want there (food/fluids/etc.). Once you end up biking from here, you will never return so insure you plan and take **lots** of food and fluids with you for up to 8-10 hrs.
2. \*\* If you are using your own canoes, you will need to perform a “BOAT DROP” as well race morning. (**401 Riverside Drive Pocomoke City, MD 21851**). Volunteers will be there approximately 6:30 AM to show you where BOAT DROP location is and watch your boats. (You can leave paddle gear w/ boats). **RENTAL** canoes will be waiting for you at TA1.

3. 2<sup>nd</sup> thing to do is drive back to the Blue Heron Group Camping Area in Shad Landing, park and place ALL your paddling gear in the “PADDLE GEAR DROP” area. Then place your food bin/bag in the BIN DROP area. You can place anything you want (food and clothing) in these bins. They will be taken to a TA area on the course that you will come to 2 times during the race, approximately every 8-10 hrs.
4. 3<sup>rd</sup> thing to do is to come to the HQ Pavilion with your entire team, fill in the USARA Waiver form, turn in your Liability and Medical Waivers, get your T-shirts, Maps & Master Punch Card (a 1:24K Scale Plotter will be needed as you will be plotting CPs “on-the-clock”). One is available from SBB Racing, if needed.
5. Mandatory Team Briefing will be at 7:30 AM for general race details and Team questions
6. Team Captains Final Briefing is at 8:10 AM. Final Instructions will be passed out and any final questions will be answered.
7. Race START Location will be next to the HQ Check-in at 8:30 AM SHARP!

#### **RULES OF TRAVEL:**

1. On the Bike, have ALL Mandatory Gear with you, MDOT requires you have your helmet on at all times when riding and have all your bike lights “On”, including your rear flashing lights. **NO** Bike Travel on Rte. 12, Rte. 13 or Rte. 113.
2. On the Paddle, you must have ALL Mandatory Gear with you, have your PFD on at all times when on the water and have your Throw Bag easily accessible .
3. On any Trekking legs, you must have all Mandatory Gear with you. It is HIGHLY suggested to have pants or gaiters and lots of BUG Spray, as there’s a TON of fresh greenbriers out there, HUGE bugs & ticks!
4. Once you check-in at TA2, you determine which disciplines you choose to do there first and in which order (Mtn Bike-O **OR** Trek-O first) before coming back to the TA to switch to do the other one.

#### **GENERAL INFO:**

1. One Master Punch Card for entire race **CPs** (except O-Sections). Special Punch Cards will be given at each Trek-O sections then collected before leaving the TA (*This helps us to give you fast results at the Finish*)
2. ALL CPs are Optional & can be obtained in any order w/in that discipline **only** (Ex. Bike CPs during Bike)
3. There is a Boat Ramp at both TA1 & TA7 locations, on your maps. They will be manned by volunteers
4. **26-30 hr CUT-OFF:** Racers **MUST** arrive **NLT 11:30** at TA7.
5. Write answers for any CP Questions on your PUNCH CARD in appropriate CP block # (if Applicable)

#### **MISCELLANEOUS:**

1. In both races, once you leave the START area, insure you carry sufficient Fluids and Fuel for 8-10 hrs. You will have a Food Bin/Bag at a TA that you will see 8-10 hrs into the race. You **CAN** and **SHOULD** take extra food/fluids in your boats. There is a small Camp Store at Shad Landing Park. If desired, bring \$\$.
2. There are bathrooms at the Start, the YMCA and ALL TAs (except TA4 and TA6)
3. Water will be available at ALL TAs (except TA4 and TA6)
4. Final Bike-O section could take approx. 3 hrs to complete, so plan leaving TA8 accordingly.